TOTONCHI
PLASTIC SURGERY

Care after Upper Eyelid Surgery (Upper Blepharoplasty)

This page contains answers to frequently asked questions regarding your care after an upper eyelid surgery (upper blepharoplasty). This information will help you remember the instructions given to you after surgery.

Appearance:

- The incisions will be repaired with very fine sutures. We normally use clear sutures which have a long tail that you may see or feel at the inner and outer corners of the eyes.
- The eyelids will be a bit bruised, puffy, and sometimes weeping a clear red to yellow fluid. This is normal.
- Your eyelids will be more swollen in the morning and will gradually improve during the day. It takes 5 days to 1 week for most of the swelling to resolve, sometimes longer.
- The eyelids will feel mildly painful and sometimes itchy. Your eyes may feel dry from the swelling and the medications used during the surgery.
- We will have you use artificial tears to keep your eyes lubricated. We also recommend wearing wrap-around sunglasses when you are in bright light. They will provide protection from both the light and air movement.
- You may use hypoallergenic eye make-up two weeks after your surgery.
- You may use soft contact lenses 2 weeks after your surgery. Use of hard contact lenses normally requires more recovery time before you are comfortable wearing them, so plan on 3 weeks after your procedure.

Activity/Bathing/Sleeping:

- We recommend using cool compresses (not ice) for 10 minutes out of 30 min for up to 12 hours after your surgery. This will help to minimize bruising.
- Take it easy for several days following the surgery and gradually increase your activity as you feel more comfortable.
- **Do not lift more than 5 lbs and avoid bending below heart level for 3 weeks.**
- **No heavy exercise for 4 weeks** and be sure to gradually return to your normal exercise routine.
- You may drive once the swelling resolves and you are no longer taking narcotic pain medication.
- You should be able to return to your job in 2-3 weeks or when you are comfortable. If your job does not require heavy activity, you should be able to go back in 7 to 10 days.
- You can normally bathe/shower **4-5 days after your surgery** using a mild fragrance-free soap such as Ivory or Dove. Avoid using hot water.
- Avoid allowing water to run directly over your eyelids.

- Sleep elevated on your back for two weeks in a semi reclined position.

Drain/Incision Care:

- Drains are not used for this procedure.
- **Apply aquaphor to all open surgical incisions 3 times a day for 1 week.**
- After 1 week, you may begin using regular, non-scented moisturizing lotion.
- Clean your incision and apply lotion 2-3 times a day until your incision is fully healed.
- You may use artificial drops for your comfort
- Dr. Totonchi will instruct additional incision care at your post-operative appointments if needed.

Diet:

- We recommend a diet consisting of high protein and easily digestible foods (i.e. toast, rice, bananas, eggs, chicken, oatmeal, protein shakes, etc.)
- Do not drink alcohol for a couple weeks after your surgery or while taking narcotic pain medicines
- Limit your salt intake to help decrease swelling. Please refer to the “Medications and Foods to Avoid” List provided in your Pre-Surgical email sent

Medication:

- We will prescribe a pain medication and nausea medication for you. Please refer to your Pre-Operative Medication List provided at your pre-operative appointment for instruction on use.
- The pain medication will make you feel drowsy.
- You may use rewetting eye drops for comfort.
- Typically, a few days after surgery, Tylenol will be adequate to treat discomfort
- Do not use aspirin, ibuprofen (Motrin) or other NSAID medication for 7-10 days after the surgery.

Post-Operative Appointments:

- You will normally be seen in the office within **3 to 5 days of your surgery**.
- Additional appointments may be necessary and will be determined by your recovery.

We are always available if you have any questions, please call 440-461-7999.

Post-Operative Concerns: Urgent problems after eyelid surgery do not occur frequently. These are the complications that will require a change in your post-operative care:

- **Vision Problems**
  - If you experience any change in vision, “flashing lights”, or loss of peripheral vision, contact our office immediately.
- **Hematoma** (blood collecting under your eyelids) can occur within hours of your surgery. The warning signs are:
  - Severe pain that does not respond to medication
  - Significant swelling of an eyelid
  - Excessive or growing bruising of an eyelid
- **Infection** is rare following eyelid surgery. It is normal to have a very small amount of drainage from your incisions for one to two days. Signs of infection are:
  - Increased temperature
  - Increasing drainage from the incisions
  - Increasing redness around the incisions
- **Leg swelling** (with or without associated pain) may indicate a problem with the vein circulation in your leg(s). If you have a large amount of leg swelling (either one or both legs), or if you experience pain in your legs, contact the office immediately.
- **Breathing problems** after eyelid surgery are rare but can be a serious complication. If you develop any chest and/or back pain or shortness of breath, you must contact our office or be seen in the nearest emergency medical facility without delay.
- **Medication reactions** may occur with the drugs prescribed for you. If you develop a skin rash, itching, vomiting, or diarrhea, stop taking your medication and contact my office.

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